

DELHI NETWORK

APRIL 2000

CAR AND COACH RENTALS



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Delhi Network

Board Members

Executive Committee

President	Brenda Beards	614-0519
Vice President	Jeannine Grant	614-2672
Secretary	Rachael Hofmann	9810080368
Treasurer	Anita Reid	680-5967

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Diplomatic Liaison	Leena Hanevold	688-5508
Handbook	Laura Zylstra	462-3089
Medical	Vacant	
Membership	Sue Lohage	622-3344
Newcomers	Nikki Collett	615-4093
Newsletter	Vicki Fennessy	506-6664/5
Office Manager	Sandra Buhler	614-3115 (Office 679-1234 ext. 1505)
Programs	Jackie van Ommen	680-2136
Social	Asha Nanavati	601-8162

Dear Delhi Network Members,

Well, today we are in for something special, with the launch of the much-awaited AWA/Delhi Network cookbook collaboration. Nestle are going to be doing something different, which is great. Food vendors will certainly be much appreciated.

I'd like to thank Heather Darcy for her help with the newsletter over the past couple of years. Heather is doing great things with the British women's group newsletter and has her hands full! Good luck Heather.

Thanks go to Laurie Pinckney for her article on everything you wanted or needed to know about paan!; Jackie van Ommen for her mouth-watering recipe on page 24; and of course, to the talented Erika Wilson on her piece on birds of India.

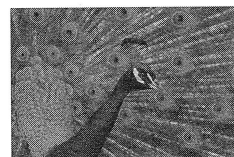
I have asked for help with the newsletter, which is content and layout; and now Sandra Buhler has asked for someone to take over her role of dealing with the advertisers. Sandra has a lot to do already in her role as Office Manager. If someone is interested, please give Sandra a call to find out what it entails. Please remember that if we don't get volunteers, we don't have a Delhi Network. Nothing is difficult, we can assure you. The newsletter is already laid out, it's just a matter of finding the bits to fill it up. With advertising, it's mostly a matter of keeping track of who has paid and looking for new ones.

Naturally, we thrive on articles we receive from our members, on any topic whatsoever (well, almost!) If there's something you'd like to share with us, please drop it off at the office.

The newsletter editor can be reached by phone or by email:

Vicki: vfennessy@hotmail.com

VF/The Editors/April 2000



In This Issue

From Your President	2
Neighbourhood Co-ordinators	3
All about Paan	4-5
Dates For Your Diary	6
India's Wonderful Birds	7
Notice Board	8-9
Cookbook	11
Off the Beaten Track : Sunderbans	12
Bed Time Story	14-15
Indian Weddings	16-17
Have Your Say	20
Something To Do	22-23
Recipes	24
Sports	26
Services	27
Computer Tips	28

Delhi Network meetings are held on the third Tuesday of every month at 10 a.m. at the Hyatt Regency Hotel. Entrance to a meeting is Rs 150 for members and Rs 200 for non-members. Annual membership is normally Rs 300 but is halved from February. You can become a member at any monthly meeting or at the Delhi Network office. If members miss a meeting, they can get a newsletter from the Delhi Network Office at the Hyatt for Rs 50.

Delhi Network Handbooks are available for purchase at all meetings or at the office: cost Rs 300 for members and Rs 400 for non-members.

The Delhi Network office is located in the Hyatt's Shopping Arcade. The Office Manager is Sandra Buhler. Office hours are 10 am to 2 pm, Monday to Friday. Stop in for free advice, a newsletter or a Delhi Network Handbook if you missed the last meeting, or to drop off your newsletter contributions. We are seeking volunteers to work in the office. If you're interested (and it is a good way to meet new people), contact Sandra.

Delhi Network is a non-profit organisation whose main purpose is to support the expatriates living and working in New Delhi. Everyone on the Board and the committees volunteer their time.

Delhi Network does not necessarily endorse or recommend the businesses advertised in this newsletter and the Board claims the right to refuse any advertisers who have had several complaints made against them by our members.

From Your President

My first thought on becoming your new President is to thank the outgoing committee and especially Sue Lohage for her unceasing efforts on behalf of Delhi Network during recent months.

May I advise anyone out there who is aspiring to be the 2001 President to make sure that they do not have visitors arriving one week after the election! Apart from anything else, the ridicule is unbearable as these people, who call themselves friends, having known you for many years, find it both difficult and highly amusing to imagine you being "in charge" and organising anything more than the daily decision of what to wear! Nevertheless, I shall ignore their comments and "just do it!"

I am looking forward to working closely with Jeannine Grant, my vice president and the rest of the new committee members in the coming year. Our aim is to promote the further success of Delhi Network by ensuring that new members receive practical help and support and are kept fully informed of all current events.

The organisation is run by a small percentage of members who undertake tasks voluntarily. These are oftentimes time consuming and definitely unsung. If anyone has any thoughts or comments regarding the management system then we, the committee, would be happy to receive them, but I would ask that these are put in writing to me so that we may discuss them at our monthly board meetings.

The reason we are all in this group is to find and make new friends and enjoy our stay in India as much as possible and I look forward to meeting many of you during the coming year.

Brenda Beards

COME ON EVERYBODY!!!

SHOP SHOP SHOP 'TIL U DROP DROP DROP



GOING HOME FOR THE SUMMER AND YOU NEED TO TAKE GIFTS??

WANT TO STOCK UP ON THOSE 'JUST IN CASE' GIFTS,

OR WANTING SOMETHING FOR YOURSELF?

THEN YOU NEED TO COME TO THE HYATT BALLROOM


FOR THE DELHI NETWORK

AND DON'T FORGET THAT YOU CAN REST BETWEEN SHOPPING AT
ANY OF THE HYATT RESTAURANTS - THE CAFÉ, POLO LOUNGE AND
LA PIAZZA

SHOP 'TIL U DROP DAY

MAY 6, 10 AM to 3 PM, FREE ENTRY!!!

APPROXIMATELY 35 VENDORS WILL BE THERE, WITH SOMETHING FOR EVERYONE

Neighbourhood Co-ordinators			Support Groups by Nationality
Your co-ordinator is here to help you settle into your new home. Give her a call and introduce yourself and find out who else lives in your area and when the next meeting is going to be held.			<p>American Women's Association (AWA): American passport holders or their spouses can join. Call the AWA office at 419-8000 ext. 4131 or 8509 between 9 am and 4.30 pm Mon-Fri. Talk to Bridget or an AWA officer.</p> <p>Australia and New Zealand Association: Call Christine Evans on 687-6605 or Ingrid Crookshanks, 680-4586</p> <p>British Expats Group: Contact Sylvia Johnson on 460-3851.</p> <p>Nederlandse Vereniging New Delhi: Organiseert diverse evenementen en een maandelijks borrel. Als je lid wilt worden, of gewoon informatie wilt, bel Nanette Hulshof op 460-1660 of Gerco de Jong op 688-4951 (off)/614-9704 (res).</p> <p>NORA (Nordic Association) Contact names: Eva Dieden (Sweden) 687-5760 Anne Laipil (Finland) 614-4602 Kirsten Callinggaard (Denmark) 689-2401 Nina Husemoen (Norway) 621-8999 A forum where the Nordic community meets, socialises, and exchanges experiences in an informal atmosphere.</p> 
AREAS	CO-ORDINATOR	PHONE	
Vasant Vihar/ Vasant Kunj	Nora Twycross	612-2318	
West End/Shanti Niketan/ Anand Niketan/Aradhana Enclave/Safdarjung Enclave	Terri Levan	467-1819	
Chanakyapuri Barakamba Road	Vacant		
Greater Kailash I & II	Vacant		
Neeti Bagh/Gulmohar Park Defence Colony/Udai Park Anand Lok	Vacant		
Jorbagh/Golf Links/Sunder Nagar Prithviraj Road/Aurangzeb Rd.	Vacant		
Panshcheel Park/ Haus Khas/ Green Park/Padmini Enclave/ Shivalik Navjivan Vihar/ Qutab Enclave/Mayfair Gardens/ Sarva Priya Vihar	Risham Chawla	649-7025	
New Friends Colony/ Friends Colony East/ Friends Colony West Maharani Bagh	Josephine Feasey	693-4128	
Sainik Farms	Martine Walsh	696-0829	
Chattarpur/Jonapur/Gadaipur	Monica Modak	680-9365	
Bijwasan/Rajokri/Surpriya Vihar Gurgaon	Alicia Odedra	506-4777	
For more information, please contact Nikki Collett on 615-4093.			

Chattarpur Chatters

1. The next monthly meeting will be held May 1 at the home of Gee Michaud. Please call Monica Modak, Pachi Kirpalani or Gee to let them know if you will attend.
2. We will be having a ladies luncheon at Imperial Garden, Masjid Moth, Greater Kailash II. We will meet on Wednesday, April 19 at 12.30. If you would like to attend, please call Monica Modak on 680-9365 or Pachi Kirpalani on 680-2469.
3. A potluck dinner has been planned for Saturday, May 6 at the home of Bridget Rasler. Please call Bridget if you would like to attend.

Vasant Vihar/Vasant Kunj: Coffee mornings are held on the first Monday of every month at 10.30 am. Call Nora Twycross on 612-2318. The next meeting will be Monday, May 1.

THERE ARE STILL 4 VACANCIES FOR NEIGHBOURHOOD LEADERS. IF ANYONE WOULD LIKE TO VOLUNTEER, PLEASE CONTACT NIKKI COLLETT OR BRENDA BEARDS FOR MORE INFORMATION.

Cultural Tips and TriviaDid You Know?

About PAAN:

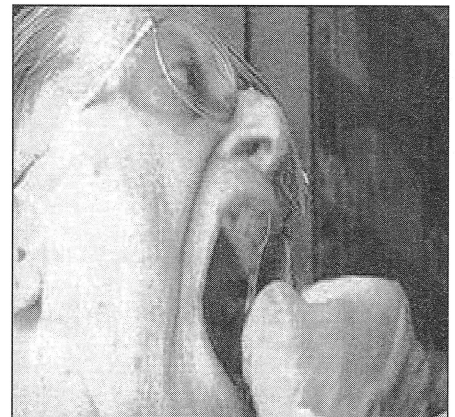
The other day I was whiling away time in traffic (a regular pastime these days) and reflecting on the very different, colourful and exciting experience of living in India. I happened to glance to my left, a reflex action to avert my line of vision away from the little troupe of vendors and beggars fast approaching on the right. I was instantly slapped from my trance-like state with the impact of chalk screeching across a blackboard. The Allie McBeal viewers among you will know what I mean when I say that the exotic tunes playing in my head came to a grinding halt as I was treated to a front row view of a bus driver projectile spitting from his perch at about car roof height.

After two years in India I have been pretty much conditioned to such disgusting behaviour. Used to be when such a sight was unavoidable, my stomach would lurch and I would feel physically ill. Now, the somewhat-hardened-expat, my reaction is not quite so drastic. My usual mental response is to think "How Gross" or "Do they really have to do that?"

For those trivia seekers here's a little cultural insight on one of the reasons for this disgusting habit, and habit it is, because the red goop they are spitting is the result of chewing paan.

Apparently the serving and eating of mouth fresheners and mild digestives after a hearty meal is an ancient tradition dating back to the time of the Mughals. The mixture of herbs, spices and condiments chewed with betel nut is called *paan*. There are a variety of paans, and "some forms of fresheners served in the form of 'ghutkas' and 'paan masalas' are harmful as they contain tobacco and health harming flavourings." (Ref: 1).

"Paan sellers have a whole collection of little trays, boxes and containers in which they mix either *saadha* 'plain' or *mithaa* 'sweet' paans. The ingredients may include, apart from the betel nut itself, lime paste (the ash from fruit), the powder known as *catachu*, various spices and even a dash of opium in a pricey paan. The whole concoction is folded in a piece of edible betel nut leaf which you pop in your mouth and chew. When finished you spit the leftovers out and add another red blotch to the pavement." (Ref: 6)



"The chewing of paan is something of a national obsession. Even the smallest village will have a paan-wallah, sitting cross-legged in front of a pile of paan leaves and tins of ingredients in a shop that is often not much more than a niche in a wall.

Although most paans cost around Rs1 there are rumours of paan-wallahs who have become millionaires. In spite of reduced sales after the introduction of factory prepared packets of paan masala, with low overheads and high turnovers, the owners of some paan shops are undoubtedly very wealthy. At Prince Pan Centre in Daryaganj in Delhi the city's rich will pay up to Rs100 for the best preparation.

Apart from the usual ingredients of lime, betel nut and catachu every paan-wallah has his own secret recipe which may include tobacco, flower essences or even silver and gold leaf." (Ref: 6) Also, there are different paans for different regions, for example "South Indians prefer the '*mysore paan*' whose leaf is softer, and they stuff it with grated desiccated coconut and supari, sugar. The *Pune Paan* is the reigning king in the market as far as Mumbai is concerned, followed by *Desi* or *Bangla*, *Banarasi* and *Calcutta Paan*, strictly in that order." (Ref: 2)

Over a long period of time indulgence in paan will turn your teeth red-black and even addict you to betel nut." (Ref: 6) According to an article in the Mumbai Indian Express newspaper on March 12th, 2000 ... "Paan eaters are addicts and will buy their quota no matter what the price," a price which is escalating due to shortages in many of the ingredients including the betel leaf.

For some time there has been a concern among Indian health officials about health risks associated with chewing paan, particularly when the mixture includes tobacco or cocaine. Paan is used in all levels of society, "even in schools, chewing tobacco products spiked with sugar and sweet flavours, is becoming more popular." (Ref: 3)

Cancer campaigners blame the habit for one of the world's highest rates of mouth cancer. Recently the BBC ran a special report on the arguments for and against the banning of paan:

A primary argument against such a ban is the claim that "it will take away the livelihood of agriculturists of this country who are solely dependent on the crops of tobacco, betel nut, saffron in the Kashmir valley and many other agricultural products, like the spices which are grown by the Indian farmers." (Ref: 3)

Per an article in The Times of India on 22 February, 2000 there is a definite increase in the number of paan masala factories starting up, indicating that business must still be good despite the cancer debate. Its interesting that the article only says that paan *may* impact health ...I quote, even though "paan masala and zarda may be injurious to health it has given a new lease of life to the local ittra (perfume) industry. According to an estimate, 90 per cent of the ittra produced here goes to the zarda (chewing tobacco) industry." (Ref: 5)

Further, "traditional Hindu medicine says the chewing of paan is good for the heart, digestion, and bad breath, and as well as the nicotine in tobacco, there is a stimulant, arakene, in the betel nut - a distant relative of cocaine." (Ref: 3)

"Indian paan manufacturers, normally fierce competitors, have banded together to oppose the ban. They say an indigenous Indian product will be eliminated while cigarette smoking, which is largely catered to by multinational tobacco firms, will be encouraged.

Anti-cancer activists say a ban by itself is not enough; they say "people need to be educated about how their favourite chew of tobacco can cause disfiguring mouth cancer or even kill them". The Indian Cancer Society campaigns against chewing tobacco *use*, but does not seek a ban.

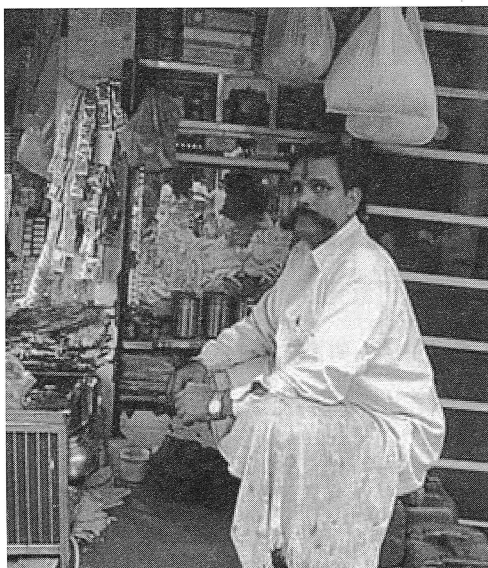
Yet, according to various studies carried out at national and international levels, it has been proved beyond doubt that paan contains "Mutagens" which can change our normal tissues into cancer tissues, and can cause a progressive disease called, "Sub Mucous Fibrosis" (SMF)...which is a permanent thickening and hardening of the inner lining of the mouth. The deterioration of the mouth happens slowly but progressively and is guaranteed to happen. The habitual chewer has a 400 times greater risk of getting oral cancer because SMF is a precursor to oral cancer. (Ref: 4)

When I began to research this topic I spoke to several Indians and every one of them told me that chewing paan *can* cause mouth cancer. I can only speculate that the impact of this knowledge is diluted by the belief in India that... *only things happen that are meant to happen*, so it seems we will continue be treated to the charming habit of spitting the paan residue, indefinitely.

Researched by Laurie Pinckney

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6. India: a Lonely Planet Travel Survival Kit



Dates for Your Diary

Tuesday, April 18

**Delhi Network Meeting – Launch of AWA
Delhi Network Cookbook –
Nestle display and food
vendors**



10 am

Hyatt Regency Ballroom

Tuesday, April 18

**AWA's Glimpses of India Lecture Series
Presenting Mrs. Janet Chawla talking on
Religion and Goddesses**

7.30 pm Drinks and Dessert

8.00 pm Programme (45 mins)

AES School

Everyone is welcome.

This will be the last lecture in this series.

Tuesday, April 18

**World Heritage Day Lecture – Sensitivity to
Conservation** by Professor Narayani Gupta

Habitat World, 6.30 pm

Thursday, April 27 to 30

Art Exhibition by Disabled Artists by Drishti

Art Gallery

Habitat World

Friday, April 28 to 30

Theatre – Mahatma vs Gandhi

By Feroz Khan Theatre Group

Habitat World, 7 pm

Saturday, April 29

**Exhibition-cum-Auction of Paintings for
Social Cause** by various artists

Taj Palace

Friday, April 28 to 30

Theatre – Mahatma vs Gandhi

By Feroz Khan Theatre Group

Habitat World, 7 pm

Saturday, April 29

**Exhibition-cum-Auction of Paintings for
Social Cause** by various artists

Taj Palace

Saturday, May 6

Delhi Network Shop 'til You Drop



Hyatt Ballroom, 10.00 am to 3
pm – time to pick up those gifts
you want to take home on your
summer leave. Free entry.

Sunday, May 14

Mothers' Day

Tuesday, May 16

Delhi Network Meeting

10 am

Hyatt Regency Ballroom



Editors Note: We listed the Pack Out Mela in last month's newsletter. At the time we were told it was open to all, but have discovered, after readers' comments, that it was for ACSA members only. We do not generally publish restricted attendance functions, and apologise to all members who went and were turned away.

There were 11 people hanging on to a single rope that suspended them from a helicopter trying to bring them to safety. Ten were men; one was a woman.

They all decided that one person would have to let go because if they didn't, the rope would break and all of them would die.

No one could decide who it should be. Finally the woman gave a really touching speech, saying how she would give up her life to save the others, because women were used to giving things up for their husbands and children and giving in to men.

All of the men started clapping.

India's Wonderful Birds

By Erika Wilson

A great variety of birds occur in Delhi; over the past two and a half years I have found an astonishing 217 species within the city limits. The greatest variety, of course, occur in the less developed areas on the outskirts of town and along the Yamuna River. But even a morning spent in Delhi's parks will turn up a remarkable number of birds. One morning last month we visited the woods around Hauz Khas and then moved to the park on the east side of Siri Fort; we found 40 species all told during our trip. Here are a dozen birds that I thought were special in some way. Most of them are easily recognised without binoculars, although one of them we knew was there only by hearing its distinctive call. Yes, birding by sound is just as important as birding by eye, especially at this time of year when males are singing territorial songs to defend their patch and attract females to their prime real estate.

I think every Delhi Network member knows what peacocks look like before they come to India. A male in display is the epitome of sumptuous natural jewellery, and this image has long been a favourite in the arts and crafts of India and then the rest of the world as the feathers were traded far and wide. It is, therefore, a particular pleasure to see wild **Indian Peafowl** (*Pavo cristatus*) going about their business in Delhi's parks, no binoculars needed. Another bird, which has come to represent Delhi for me, is the **Red-wattled Lapwing** (*Vanellus indicus*), a large, colourful shorebird whose wild cries can be heard at any time of the day or night. Having yellow stilts for legs makes this pigeon-sized bird easy to spot; it is brown above, and pure white below its full black bib. It gets its name from the fire engine red bare skin around its eyes. These red wattles, a red bill, and a big white cheek patch decorate its black head. You can see these handsome birds on open areas of short grass or weeds; their sharp alarm cries are usually the first sign of their presence.

Two large, easily identified species we saw up in the treetops. First were a pair of comic **Indian Grey Hornbills** (*Ocyeros birostris*), with their out-sized bills (complete with upturned horn), long floppy tails, and ungainly flight. Their querulous squeals aren't the least musical, but they make devoted parents, feeding their youngsters through a narrow slit at the walled-up entrance to their tree cavity nest. About the same size, but with more manageable bills, were two **Greater Coucals** (*Centropus sinensis*), the largest cuckoos in Delhi. Dressed in satin black feathers, they have fox red backs and wings. A series of deep, resonant booms, sounding very exotic and mysterious, alerted us to their presence; we soon located them searching for small reptiles and large insects in the woods. These crow-sized birds check out the ground, shrubs, and lower branches of trees for their prey.

Large green pigeons, called **Yellow-footed Pigeons** (*Treron phoenicoptera*) for obvious reasons, were perched in leafless trees, pumping their tails up and down slowly. This behaviour is part of their courtship ritual, unlike the other doves in Delhi which have decorative flight displays. Yellow-footed Pigeons are usually hard to spot in the woods

because their green plumage is an effective camouflage in a leafy tree. In the bare trees, however, we could see their lavender shoulder patches, yellow breasts, and grey heads quite well. A pair of noisy **Rufous Treepies** (*Dendrocitta vagabunda*) flew in; these crow-sized birds are relatives of the jays. You don't need binoculars to see their long grey, black and white tails streaming out behind them as they fly through the woods.

A flash of brilliant turquoise through the trees, followed by a series of loud descending trills, led us to a **White-throated Kingfisher** (*Halcyon smyrnensis*) perched in the trees. This large kingfisher doesn't require water because it eats small reptiles and large insects, so it is found in parks and large gardens throughout Delhi. Another large bird we heard, but never did locate, is locally called the Brainfever Bird because of its calls. **Common Hawk-Cuckoos** (*Cuculus varius*) start calling in mid-March; their rising, wailing call sounds like *brain-fe-ver, brain-fe-ver, brain-fe-ver*. . . In the increasingly hot days of early summer, this message seems all too apt, and the haunting sound has figured in both Indian literature and British literature set in India. If we had found the bird we heard, we would have seen a grey pigeon-sized bird with a bright yellow eye, a small bill, and a long, barred tail.

The remaining four species are birds you can see in New Delhi's suburban gardens as well as in its city's parks. All are very vocal these days, with the breeding season in full swing, so we found them easily by following their songs. These songs provide the major melodic part of the morning chorus, in contrast to the distinctly unmusical parakeets, mynas, and crows. The dapper male **Oriental Magpie-Robin** (*Copsychus saularis*) is dressed in iridescent black and pure white, looking as if he is ready for a formal ball. Its beautiful, melodic song drifts down from the trees in the early mornings and late afternoons. Both the jaunty **Red-whiskered Bulbul** (*Pycnonotus jocosus*) and the rather confiding **Red-vented Bulbul** (*Pycnonotus cafer*) have bubbling, cheerful songs. They eat fruit and insects (both are regular visitors to the fruit rinds I set out each morning); we found them swooping from bush to bush in both parks during our morning walk.

Wherever we found trees and bushes in bloom we saw energetic, pugnacious **Purple Sunbirds** (*Nectarinia asiatica*) defending their territories. Notice that their scientific name indicates what they eat—nectar; I was impressed to note the variety of flowers at which these beautiful, iridescent birds fed, including eucalyptus, silk cotton, hibiscus, and bougainvillea. Their "song" is a high-pitched, buzzy series of squeaks, uttered frequently with great vigour. Their hyperactivity gave us a lift as we turned homeward.

Notice board

HYATT RESTAURANT DISCOUNT

As mentioned at the last meeting, the Hyatt has extended its previous special lunch discount of 30% on food for groups of 4 or more seated at the same table. This discount will be applicable on Delhi Network Meeting days only. Beverage discount will remain at usual 10%.

If the number of guests are below 4, then usual Club benefits will apply (i.e. 33% for 3 persons, 50% for 2 persons and 10% when dining alone). Available in all restaurants except the Pastry Shop and is valid until December 2000.

Copies of the letter are available at the Office.

DELHI NETWORK MEMBERSHIP FEE

JUST HALVED!! From February the fee is just Rs.150. The fee will return to the normal price with renewal in August.

EXPERIENCED DRIVER

We are sadly having to say goodbye to a driver who has been with my husband's company for eight years (they are losing an ex-pat post). He is an extremely careful and good driver, speaks excellent English and knows Delhi very well, having driven for business and private purposes. He has his own accommodation.

For more information please contact Lucy Peck.
Tel: 693 1061, Fax: 6931189, e-mail: dlpeck@bol.net.in

For Sale

HealthRider workout machine. A non-impact aerobic exerciser allowing user to control speed and resistance; easy to tone-up thighs, buttocks, and upper body – while watching TV. In like-new condition, yours for only Rs.5,000.
Call Rhee on 91635 4361

For Sale :

Whirlpool washing machine - front loader, fully automatic, used once only.
Rs.24 000.
Cooke - Kelvinator, 4 gas plates, electric oven
Rs. 8 000
Call Annette d'Silva Tel. 9810069245.

CHILDREN OF 4 TO 5 YEARS AND UPWARDS INTERESTED IN MUSIC AND MOVEMENT, I.E. BALLET AND ALL TYPES OF DANCING, PLEASE CONTACT HELEN KANT ON 525-6169

BABY ITEMS FOR SALE

1 McLaren double pram	Rs.5,000
1 Mother Care Stroller	Rs.1,000
2 car seats from 9.8 kg	Rs.2,500 each
1 baby cot 1.35 x 55 cm	Rs.2,500

Please call Debbie 680-1617, 680-1627

DID YOU KNOW THAT DELHI NETWORK HAS A TEA SET FOR 30 PERSONS WHICH WAS BOUGHT DURING THE DAYS WHEN MEETINGS WERE CONDUCTED IN PRIVATE HOMES AND THE MEMBERSHIP WAS SMALLER! THIS TEA SET CAN BE LOANED OUT TO MEMBERS AFTER PAYING A RS.2,000 REFUNDABLE DEPOSIT. IF INTERESTED, CALL THE DELHI NETWORK OFFICE

Notice board

Staff available from 1 st May:

Couple - Ganesh cooks and Prabha cleans, or has worked as ayah. Both honest, cheerful and conscientious. Need to live-in.

Driver - Lakhsman has worked for us for 4 years. Reliable, pleasant and drives well.

Home needed for 2 dogs - neutered, siblings used to outdoors and large space.
One black, the other tan and white. All vaccinations up to date. Local breed.

For sale - Refrigerator, two door 357 litre capacity, imported Rs. 12000

Plants

Call Barbara Holm 680 3766.

WANTED!!

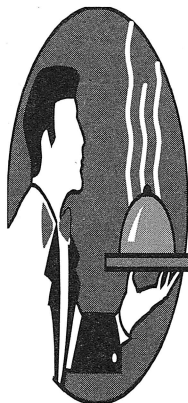
Help with this newsletter. Anyone with a computer and connected to internet. Either just plain typing or someone happy to roam in the www wilderness or publications looking for good stuff to include or ideas for inclusion. Leave a message at the office or call me - Vicki Fennessy 506 6664

COOKERY COURSE FOR COOKS

After 3 successful courses for cooks, there will be another chance for you to enjoy perfect pastry, sensational soufflés, gooey gateaux's, pleasant pulses, children's choices, summer salads and more.

Improve the quality, flavour and presentation of food served at home. Send your cook on a 5-week course starting end of April. Classes to be held twice weekly at 2 Queens Walk, British High Commission from 9.30 am for 2 hours. Health and hygiene will also be covered. Cooks will be expected to prepare food whenever possible during the teaching sessions. All foods used on the course are available locally.

To book a place or for more information, contact Kathryn Wykes, Phone 687-2161 ext. 2205.



For sale

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Reiki Level II: April 29-30

Price : Reiki II: Rs.1500

Time: 0930 - 1700 hours

Venue: 8 Padmini Enclave, Hauz Khas

Telephone : For confirmation please call Lola Hansen 688-2260 or Prama Bhandari 686-2807. Those who have passed Reiki I or II levels can attend meetings on the first Tuesday of every month at Lola and Peter Hansen's house at 5.30 - please call to confirm your participation.

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For further details contact:

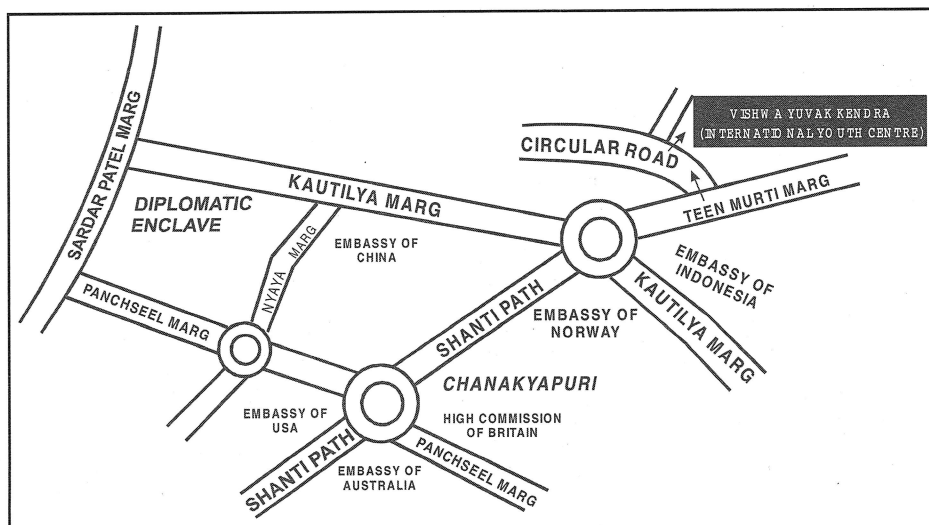
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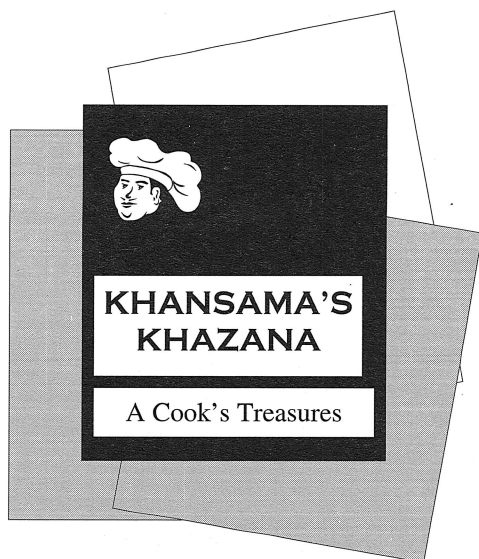
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Please See Map below



Attention: Due to unavoidable circumstances the above exhibition was rescheduled for the above dates. Sorry for the inconvenience caused.

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- ◆ Providing assistance through at least class VIII for a child from the "jhuggie" school who demonstrates an interest and desire to learn ~ to attend Mount Carmel Junior and Senior School. (Assistance would be given with books, uniforms, tuition and fees)
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On behalf of the Cookbook Committee, we thank you for your support of this project!



Sunderbans in West Bengal

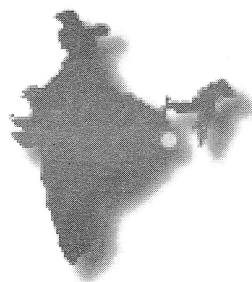
Delta-forest home of the Royal Bengal Tiger

The Ganges, which is rightly known as the Ganga, carries silt and fertility from its ice-melt sources in the High Himalayas, through the lush plains of India, past the riverine port of Calcutta. Here, however, it is no longer the Ganga because it has become one of the major tributaries. For, in the flat grey-clay lands of Bengal, the great river splits into numerous channels, dividing and sub-dividing like the roots of a tree, till it pours through many mouths into the Bay of Bengal.



Between Calcutta and the final outpouring of the river are the lands known as The Sunderbans: literally, the Beautiful Forests. Some people believe that the could, however, have got their name from the profusion of Sundari trees.

These forests are extremely dense, often impenetrable, fringed by mangrove jungles and are one of the most intriguing wilderness on earth.



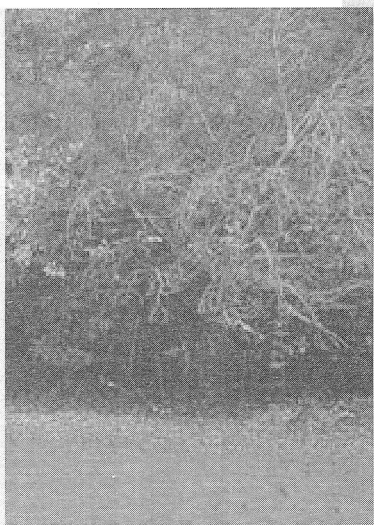
Fastfacts

Access

Accessible only by waterways. Embarkation points reached from Calcutta by suburban train, buses or taxis.

Accommodation

Weekend packages offered by the state tourism department with overnight stay in accommodation perched on stilts and in grounds, protected by a chain-link fence.



Most journeys through these humid forests are done by boat, and it is a fascinating trip. Fishermen's boats, like black scimitars, drift past, spreading nets for the fish that teem in these rich waters. Near the delta villages the clay is relieved by green vegetation. When the tourist ferry stops, occasionally, visitors walk ashore on palm-and-bamboo jetties to enter forest areas fenced in by bamboo corrals. Fiddler crabs extend their cherry-red claws out of their mud burrows; curious, air breathing, mud skipper fish climb the stilt roots of the mangroves on their flipper-like fins, viewing intruders with pop-eyed amazement.

Tribes of honey gatherers live in these dark forests. They believe that the giant, saline water drinking royal Bengal Tigers always attack from the rear and so they wear masks on the backs of their heads. This is why a posse of armed policemen accompanies all visitors who venture into these beautiful forests.

Other wild creatures which lucky visitors might see are spotted deer, boar, monkey, crocodile, python, Salvator lizards, and a wide range of water birds..



*"Unseen they suffer
Unheard they cry
In agony they linger
In silence they die"*



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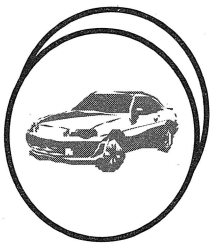
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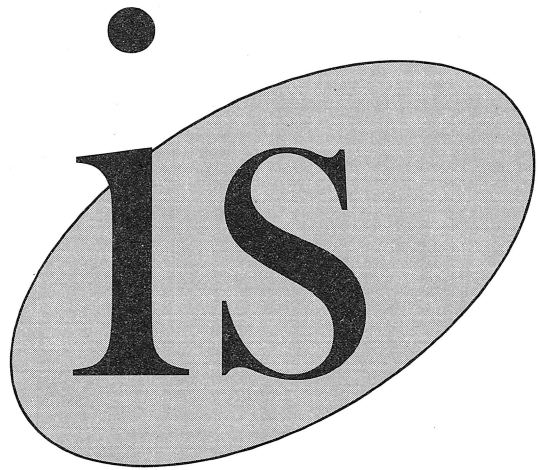


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A BED TIME STORY FOR POLITICALLY CORRECT PEOPLE

There once was a young person named Little Red Riding Hood who lived on the edge of a large forest full of endangered owls and rare plants that would probably provide a cure for cancer if only someone took the time to study them

Red Riding Hood lived with a nurture giver whom she sometimes referred to as "mother," although she didn't mean to imply by this term that she would have thought less of the person if a close biological link did not in fact exist.

Nor did she intend to denigrate the equal value of non-traditional households, although she was sorry if this was the impression conveyed.

One day her mother asked her to take a basket of organically grown fruit and mineral water to her grandmother's house.

"But mother, won't this be stealing work from the unionised people who have struggled for years to earn the right to carry all packages between various people in the woods?"

Red Riding Hood's mother assured her that she had called the union boss and got a special compassionate mission exemption form.

"But mother, aren't you oppressing me by ordering me to do this?" Red Riding Hood's mother pointed out that it was impossible for women to oppress each other, since all women were equally oppressed until all women were free.

"But mother, then shouldn't you have my brother carry the basket, since he's an oppressor, and should learn what it's like to be oppressed?"

And Red Riding Hood's mother explained that her brother was attending a special rally for animal rights, and besides, this wasn't stereotypical women's work, but an empowering deed that would help engender a feeling of community.

"But won't I be oppressing Grandma, by implying that she's sick and hence unable to independently further her own selfhood?"

But Red Riding Hood's mother explained that her grandmother wasn't actually sick or incapacitated or mentally handicapped in any way, although that was not to imply that any of these conditions were inferior to what some people called "health."

Thus Red Riding Hood felt that she could get behind the idea of delivering the basket to her grandmother, and so she set off.

Many people believed that the forest was a foreboding and dangerous place, but Red Riding Hood knew that this was an irrational fear based on cultural paradigms instilled by a patriarchal society that regarded the natural world as an exploitable resource, and hence believed that natural predators were in fact intolerable competitors.

Other people avoided the woods for fear of thieves and deviants, but Red Riding Hood felt that in a truly classless society all marginalised peoples would be able to "come out" of the woods and be accepted as valid lifestyle role models.

On her way to Grandma's house, Red Riding Hood passed a woodchopper, and wandered off the path, in order to examine some flowers.

She was startled to find herself standing before a Wolf, who asked her what was in her basket.

Red Riding Hood's teacher had warned her never to talk to strangers, but she was confident in taking control of her own budding sexuality, and chose to dialogue with the Wolf.

She replied, "I am taking my Grandmother some healthful snacks in a gesture of solidarity."

The Wolf said, "You know, my dear, it isn't safe for a little girl to walk through these woods alone."

Red Riding Hood said, "I find your sexist remark offensive in the extreme, but I will ignore it because of your traditional status as an outcast from society, the stress of which has caused you to develop an alternative and yet entirely valid worldview. Now, if you'll excuse me, I would prefer to be on my way."

Red Riding Hood returned to the main path, and proceeded towards her Grandmother's house.

But because his status outside society had freed him from slavish adherence to linear, Western-style thought, the Wolf knew of a quicker route to Grandma's house.

He burst into the house and ate Grandma, a course of action affirmative of his nature as a predator.

Then, unhampered by rigid, traditionalist gender role notions, he put on Grandma's night-clothes, crawled under the bedclothes, and awaited developments.

Red Riding Hood entered the cottage and said, "Grandma, I have brought you some cruelty free snacks to salute you in your role of wise and nurturing matriarch."

The Wolf said softly, "Come closer, child, so that I might see you."

Red Riding Hood said, "Goodness! Grandma, what big eyes you have!"

"You forget that I am optically challenged."

"And Grandma, what an enormous, what a fine nose you have." "Naturally, I could have had it fixed to help my acting career, but I didn't give in to such societal pressures, my child."

"And Grandma, what very big, sharp teeth you have!"

The Wolf could not take any more of these spiciest slurs, and, in a reaction appropriate for his accustomed milieu, he leaped out of bed, grabbed Little Red Riding Hood, and opened his jaws so wide that she could see her poor Grandmother cowering in his belly.

"Aren't you forgetting something?" Red Riding Hood bravely shouted. "You must request my permission before proceeding to a new level of intimacy!"

The Wolf was so startled by this statement that he loosened his grasp on her. At the same time, the woodchopper burst into the cottage, brandishing an axe.

"Hands off!" cried the woodchopper.

"And what do you think you're doing?" cried Little Red Riding Hood. "If I let you help me now, I would be expressing a lack of confidence in my own abilities, which would lead to poor self esteem and lower achievement scores on college entrance exams."

"Last chance, sister! Get your hands off that endangered species! This is an FBI sting!" screamed the woodchopper, and when Little Red Riding Hood nonetheless made a sudden motion, he sliced off her head.

"Thank goodness you got here in time," said the Wolf. "The brat and her grandmother lured me in here. I thought I was a goner."

"No, I think I'm the real victim, here," said the woodchopper. "I've been dealing with my anger ever since I saw her picking those protected flowers earlier. And now I'm going to have such a trauma. Do you have any aspirin?"

"Sure," said the Wolf.

"Thanks."

"I feel your pain," said the Wolf, and he patted the woodchopper on his firm, well padded back, gave a little belch, and said, "Do you have any Maalox?"

List of Customers :-

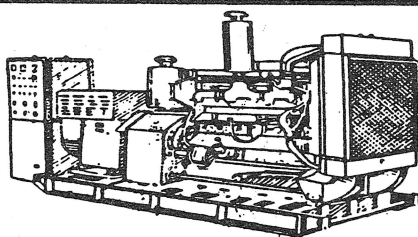
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INDIAN WEDDINGS

Men are April when they woo,
December when they wed:
Maids are May when they are
Maids, but the sky changes
When they are wives.

- Shakespeare

A familiar quote in the Indian scenario on the occasion of marriage is "Marriages are made in heaven". A marriage is an important social occasion for an individual and their family. Indian marriages reflect the rich cultural heritage of this country and the religious customs associated with marriage. Some typical religious weddings include the Hindu marriage, the Christian weddings, and the Sikh weddings. Different customs and rituals are associated with marriages in different regions.



Hindu Marriage

Hindu marriages are performed by priests who chant Sanskrit hymns and mantras in front of the sacred fire, while special wedding music - Shehnai in the North Indian weddings and Nadaswaram in the South Indian weddings-are played.

A typical Hindu marriage begins with the selection of an auspicious day, and time to perform the wedding. A day before the wedding, the bride's palm and feet are decorated with henna or mehendi. The wedding ceremony is conducted in a mandap, a special dais decorated with flowers for the occasion.



The Indian wedding procession of the groom, the Baraat, is a main event on the groom's side. The baraat headed by a display of fireworks, accompanied by the rhythm of the dholak or melam, reaches the meeting point, where the elders of both the families meet and welcome the groom with garlands and aarati.

After this the bride, decked with the finest of jewellery, and the groom sit in the mandap in front of the sacred fire, where the kanyadaan is performed. Kanyadaan is the ritual where the bride is given to the groom by her father, symbolising giving of the bride to Vishnu. Next, the groom ties the knot. The ritual of pradakshina follows, where the bride and the groom walk seven times around the sacrificial fire. The last stage of the marriage ceremony is the saptapadi, where the bride and the groom take seven steps together facing the north, after which the bride shifts to the groom's left. The couple is now declared married.

A variation of the Hindu marriage is the Gujarati wedding.

Gujarati Marriage

A Gujarati wedding begins with the pokavu or arrival of the groom, who is greeted by his future mother-in-law at the entrance, who performs the aarati. She tries to grab his nose to remind him that he has finally come rubbing his nose at their doorstep to ask for their daughter's hand in marriage. Next, Madhuparka ceremony is performed, where the groom's feet is washed and he is fed honey and milk. Meanwhile, the bride's sister's steals the groom's shoes, which is returned to the groom on acceptance of money.

The bride is then carried to the mandap by her maternal uncle in a ceremony known as kanyadaan. The curtains that separate the bride and groom, are lowered and the couple exchange garlands. Next, in the varmala ceremony, the elders of the house place an auspicious cord around the couple's necks to protect them from evil. During the mangalphera, the couple circle the fire four times instead of the customary seven. The four circles symbolise the four basic human goals of Dharma, Artha, Kama and Moksha.

Another interesting ritual of the Gujarati wedding is the sowbhagyavati bhava, in which married women from the bride's family whisper blessings into the ears of the bride. The day concludes with prayers to God seeking blessing for the couple.

Christian Marriage

A Christian marriage is initiated with the church announcing the name of the bride and groom three weeks prior to the date of marriage. The marriage is conducted in the church, which is decorated to mark the occasion. The proceedings of the marriage ceremony are accompanied by a group of choir singers.

The Christian marriage rituals are brief, which is attended by the friends and relatives of the bride and the groom. Before they leave for the church, there is a get together in the respective houses where a prayer is said. The bride is dressed in a brocade sari, or the long, loose traditional white gown. The bride in a white veil, is accompanied by her friends and two little girls who hold the flower baskets, while the groom is accompanied by his best man.

A Mangalsutra (the sacred wedding dollar & a cross) and a ring for the bride is gifted to the bride by the groom's family. The bride and groom stand in front of the altar along with the Parish priest who conducts the wedding. The bride and the groom hold each other's right hand and take the oath of lifelong loyalty to each other, in the name of God. They then exchange wedding rings and are declared man and wife by the priest. To solemnise the occasion, the priest may also present the newly-wed with a rosary. Bread and wine is served in the latter part of the service. A small reception follows the marriage, where the traditional three-tier marriage cake is cut by the newly-weds.

In South India, the reception begins with the lighting of an oil lamp by the bride and the groom signifying their cultural origin. In an Anglican marriage, a toast for the newly wed is proposed wishing them a happy married life.

Sikh Marriage

In a Punjabi wedding, the wedding atmosphere sets in a week before the wedding. Shagun is the first ceremony which marks the commencement of activities, where the two families exchange gifts to confirm the engagement. An important ritual connected with the bride is the bangles ceremony, where the maternal uncle and aunt of the bride put white and red bangles on the bride's wrists. Light ornaments of beaten silver and gold called kalira are tied to the bangles.

The groom's procession, the baraat, reaches the bride's house, with friends and relatives dancing to the tune of the music. After the feast, in the late hours of the evening, the actual wedding ceremony commences. Here the bridal couple sit in front of the Granth Sahib. The ardas are read, and the ten Sikh gurus are saluted. The last ceremony is the doli, or the farewell to the bride. As the bride leaves she throws handful of rice over her shoulders.



Muslim Wedding

Officiant - The Molvi performs the ceremony.

Holy Book - Prayers are often read from the Quran.

Ceremony - The Nikaah is the official signing of marriage/ legal documents in front of the Molvi and respective witnesses. The bride and groom do not sign the document in the presence of one another. But they must consent to marry three times in the presence of the Molvi. After all paperwork has been taken care of, the Molvi, blessing the couple says a dua (religious prayer).

Mehr - Traditionally, before the Nikaah, the bride and groom's families agree on the level of the mehr, the amount of money the groom must always have available for his wife should she need it. Today this step in the ceremony is often unobserved.

Rukhsati - Rukhsati is the bride's send off by her family, signifying her new life as a member of the groom's family. It is a sad occasion for the bride's close family.

Jewelry - Rings are exchanged between the bride and groom after the Nikaah. It is also common for the bride to wear a family heirloom on her wedding day. Family heirlooms are said to bring good fortune.



Reception - The third and final event is the Walima. The groom's family holds a reception in honor of the newly married couple the day following the wedding ceremony. At the Walima, the groom's family introduces the newlyweds to their friends and family. The bride's family and friends are always invited to this ceremony.

You can be sure that you will be invited to several weddings during your stay in India. If giving money as a gift, remember that an even number is considered bad luck, so give Rs. 1 extra to whatever sum you decide on.

Rangoli : Women use their bare fingers or a brush to create various designs from sandstone powder or grain-flour. Sometimes colors and petals are used in addition to flour paste. Some artists are so skilled with their fingers that they can create figures of deities, chariots, temples, etc., on the finely layered floor. Petals of various flowers provide the artist the ability to work out various patterns and colors. In the evenings of festive occasions, when oil lamps are lit, and the atmosphere is cool and pleasant, such floral designs create the atmosphere of a well-planned divine garden. This Rangoli garden surrounds the sacred spot where pooja (prayer) is performed or a child is seated for his or her birthday, naming ceremony or thread ceremony. Newly-weds also receive guests in such decorated surroundings when the wedding celebrations are ongoing.

Also, in many regions, the bridegroom arrives at the wedding ceremony astride a beautifully decorated horse, sometimes alone, sometimes also seated with a little boy, the son of the groom's sister or some relative from her family, who represents the continued association of the sister with the paternal family she left at her marriage.

Most information was obtained from Geocities sites apart from <http://www.chaitime.com/weddg/preparties/mehndiparty.asp>

JACKIES QUIZ

Champagne bottle

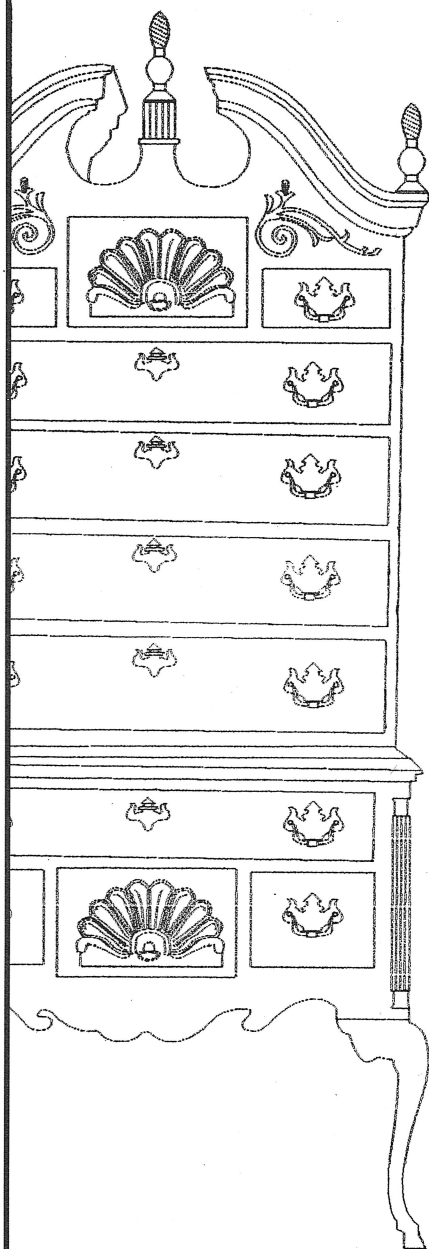
On carefully opening a bottle of Champagne, often a small puff of vapour escapes. What is this?

- (a) Must
- (b) Water
- (c) Carbon dioxide

Please see page 18 for correct answer.

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Lightly butter 1 piece of toast, cover it (thickly) with smoked salmon, spread a thin layer of chutney over the salmon, cover the chutney with bacon, sprinkle cayenne pepper over the top of bacon, and then cover with another piece of lightly buttered toast.

This recipe is equally good as an open sandwich, in which case the single piece of toast should be thicker.

The sandwich goes well with a Chablis (or any other light white wine), and, as the book notes, the creator of the sandwich also consumed it with "heroic quantities of pink gin"!

TOP TEN THINGS ONLY WOMEN UNDERSTAND

10. Cats' facial expressions.
9. The need for the same style of shoes in different colours.
8. Why bean sprouts aren't just weeds.
7. Fat clothes.
6. Taking a car trip without trying to beat your best time.
5. The difference between beige, ecru, cream, off-white, and eggshell.
4. Cutting your bangs to make them grow.
3. Eyelash curlers.
2. The inaccuracy of every bathroom scale ever made.

AND, the Number One thing only women understand:

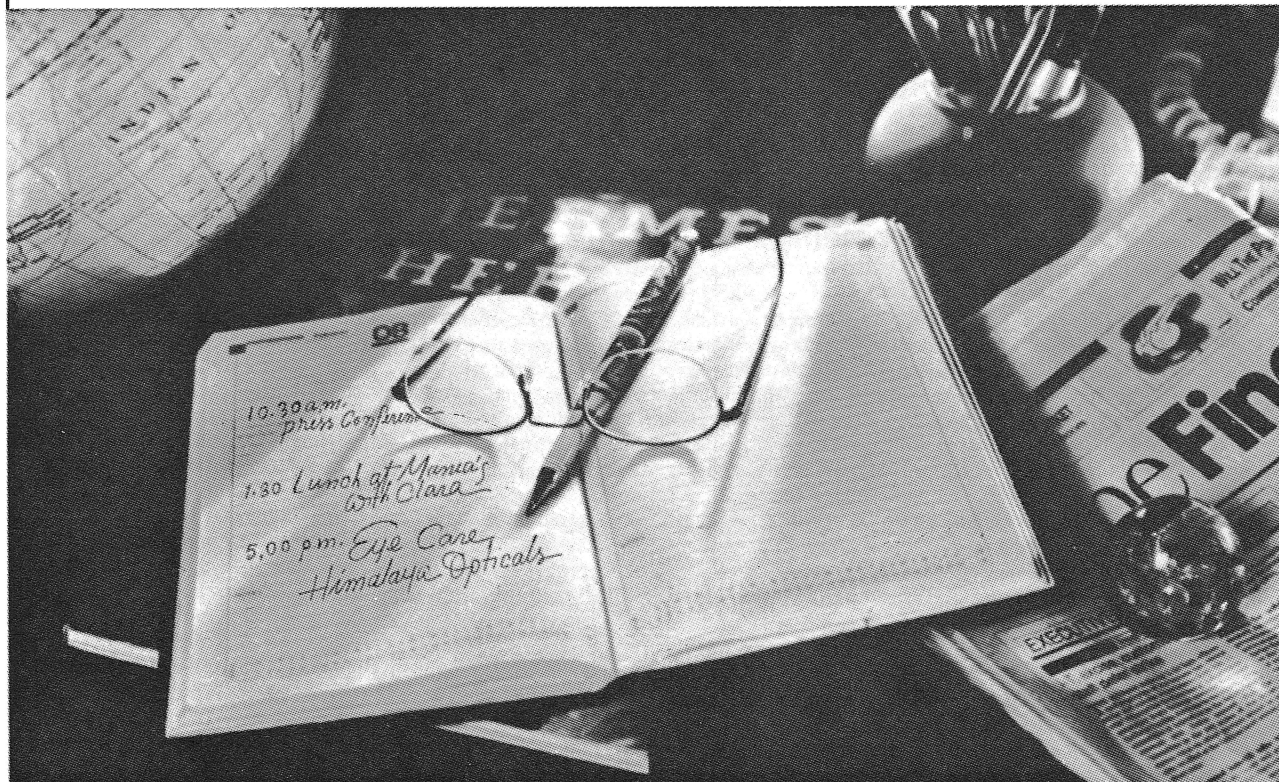
1. OTHER WOMEN

Answer to Jackie's Quiz from page 17

The moment you open the bottle, CO₂ pressure inside is lost. This is known as *adiabatic expansion*. The expansion of the gas consumes energy, which is withdrawn from the gas itself. The gas therefore gets colder, resulting in condensation of the water vapour present in the gas. That is what you see. So answer B is correct. The same thing happens when an aircraft cabin suddenly loses pressure: a dense fog immediately occurs.

Answer C is wrong: it is not CO₂, because that does not condense until the temperature falls below -79°C.

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Have Your Say

Editor's Note: Last month we printed the comments made by Brigitte Rasler about her experience with Grover Tailors at Khan Market. Since this was printed, we have received quite a few glowing references for Grover in person and over the phone, all stating that they were very satisfied with the service of Grover and their regret that Mrs. Rasler did not feel the same. Some said that we should not publish such comments, but this is supposed to be a forum for networking and people must have a chance to express their feelings somewhere. The old saying that one man's meat is another man's poison becomes very apt in this case. We received two letters on the matter and publish them here. We shall not publish anything further on this matter.

The following was received from Grover Cloth House itself:

To The President of Delhi Network:

We are hurt by whatever has been published in the magazine against us, without even asking the other side of the story.

Mrs. Rasler has put forward to you absolute false and forge facts, on behalf of which you have published wrong statements, spoiling our good will.

We are providing you a written letter as a witness from which you will come to know about the facts.

We would like that you publish an apology letter with immediate effect in the forthcoming issue.
Manager

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KITTEN IF YOU CANNOT TAKE IT WITH YOU
WHEN YOU LEAVE DELHI.
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SUFFERING.**

. KIM DRNEC

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STAND BY THEIR WORD**

To Whom It May Concern:

While shopping at Grover Tailoring House, Khan Market on 21 Jan., I saw Mrs. B. Rasler arguing with the shopkeeper about a garment which she claimed did not fit. She refused to pay for the garment and demanded her money and some fabric back. The shopkeeper eventually offered to give her the material and 800 Rs. But she also wanted the tailored garment which she had claimed did not fit. When the shopkeeper refused, she stormed out of the shop carrying the entire roll of fabric and would not reason with them any further.

Please contact me if you require any further details.

Name and address supplied but withheld

The following urgent warning has been received by Delhi Network and is of a very serious nature. We cannot publish all details supplied by the author as it may put Delhi Network in a difficult situation. It is important however that this information does get out to all prospective renters of property in the Chattarpur area.

Jackie Burchell has written regarding several properties owned by the one person in Central Drive, Chattarpur. She and her husband lost over 3 lakh and apparently another tenant lost 8 lakh and all their furniture.

They claim they have been bullied by thugs and arrested and accused of stealing their own furniture.

Jackie advises she cannot warn everyone strongly enough of the horror she and her family have gone through.

Urgent

This column is prepared by "word of mouth". Delhi Network does not endorse or otherwise any of the services or products described.

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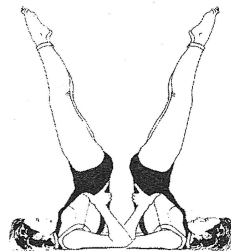
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Something to do

Adult Education

The American Embassy School offers evening courses.

Contact the school for current programme/fees. Tel: 611-7140 or 611-7146.

Spring session: Feb./March.

Fall session: September

Aerobics

Mandy Dakin has been teaching aerobics for the last 10 years. Trained in London, she spent the last 7 years teaching a variety of classes in a large chain of gyms based in 'the city' of London. Her aim is to make fitness fun and accessible to all. She is now teaching at the following times and venues:

Mondays at ACSA 6 - 7 pm

Tuesdays at ACSA 9 - 10 am

Tuesdays at the British High

Commission 6.15 - 7.15 pm

Thursdays at ACSA 9 - 10 am

Thursdays at the British High

Commission 6.15 - 7.15 pm

All classes are a mixture of mainly low impact and high impact moves followed by toning for the legs, abdominals, butt and upper body. Tuesday evening's class at the BHC is body conditioning only.

She hopes to begin aqua classes shortly. For further information call Mandy on 614-5818. Please bring water and a mat to the class.

Art Classes

Gouranga Ghosh teaches drawing, water colour painting and other art techniques to individuals or groups in their homes.

Call him on 463 5035 or 464-0310.

Babies and Toddlers

To all Mums - feeling lonely, need a chat, or the kids are driving you up the wall? Call for social meetings for Mums and little kids, Ingrid Crookshanks on 98110 93622 or Manju Isaacs 649-1397.

Dance and Fitness Centre

In a superb wooden-floored studio near Lodhi Gardens, 21/A Amrita Shergill Marg. Classes include stretch, body toning, modern dance, jazz dance, aerobics and personalised fitness. Call Anne Devayani 463-6772.

DCWA

Delhi Commonwealth Women's Association is an international group which runs various social events as well as a clinic for the poor. They are always looking for items for the pharmacy. Call Kathy Pritchard on 686-2245 for details

Delhi Christian Fellowship

Every Sunday at 9 am there is a church service at the Hyatt Regency Hotel with a Sunday School for children during the service plus bible study and a youth group.

French Lessons

By a French national and graduate of Sorbonne-Paris University. Beginners or advanced levels. Call Anne Chaymotty-Devayani on 463- 6772, fax 463-3404

French speaking

Femmes Francophone de Delhi. All French speakers welcome (whatever your nationality, whatever your level). This group runs an extensive range of cultural events, tours, lectures and get-togethers. Call Catherine Walden on 680-2175 or 98100 74100.

German Conversation Group

If you like speaking German, (any level) and want to keep up or deepen your knowledge, please join us. We meet every 2nd Monday at 3 pm. For information call Karin Weselscheid on 612-3405 or Brunhilde Gupta on 696-2708.

Glow

The Global League of Women is an organisation which promotes international friendships and understanding of different cultures. Call Serita Kakar 461-9627 for details.



Hindi Lessons

Chaya Bhattacharya is a qualified tutor and is also willing to teach on the Bhagvad Gita. Call 462- 4704.

Indian Cookery

Amita Khosla will teach you how to produce authentic Indian meals using ingredients available in the West. Call 469-2544 mornings.

Mah-Jong and Canasta Classes

Lessons with Risham Chawla, 2-4pm on Wednesdays at N-21 Panchshila Park. Costs Rs 250 per session for a four-session course. Proceeds go to charity. Call 649-7025.

Navjyoti-Delhi Police Foundation

Runs a school and nursery in a slum area at Yumuna Pushta. Two ex-pat nurses help out and they are looking for other volunteer nurses and health workers to give check-ups. Sunil Verma 98110 56000 has details.

Needlenuts

Group meets Thursday 9.30-12.30 in different homes each week. Come and go as you please, work on what you like. Call Lynn Moss on 621-5065



NEWCOMERS

Every Tuesday, 10-12 am, in Boardroom 2 at the Hyatt, to the right of the Ballroom, for an informative get-together over coffee and cakes. Oldies are also welcome to share their experiences.

Patchwork & Quilting Group

Meets every Monday morning, 10 am to 12 mid-day. Beginners welcome! Contact Phil Thomas on 556-5569.

Patchwork & Quilting: A Complete Course

For more information call Phil Thomas on 556-5569



Piano Lessons

American concert pianist Roberta Swedien has 28 years teaching experience and is giving lessons in her Defence Colony music studio. These lessons can include music history, theory, composition, form and analysis and performance as well as technique and repertoire. For intermediate and advanced students only. Call Roberta for details on 461-0918.

Tushita Meditation Centre

Women's spiritual development group, which meets every Wednesday at 10.30 am. They organise healing workshops on yoga, Reiki, tai-chi, etc. Teaching by Buddhist lama. Call Renuka Singh on 651- 8248 for details.

Scottish Country Dancing

Thursdays 8pm in the British High Commission hall. Don't worry if you have two left feet! Contact Maureen Sachdev 463-3658 Ext. 207



Silk Painting

An introduction to silk painting. Learn the basic techniques using water based paint. Minimum time needed would be five mornings only. Instruction can be given in French, Dutch or English. If interested, please call Sylvie Kuenzi, phone 463-3644.

Spanish Lessons

Instituto Hispania offers classes in Spanish language, following a communicative methodology derived as a result of extensive number of studies in the field of teaching Spanish as a foreign language. The teachers are Spanish nationals as well as postgraduates from leading Indian and Spanish universities. Y-10 Green Park, behind McDonalds, phone 696-8016, 8043

United Nations Women's Association

Offers a varied programme of informative and social activities, and supports a kindergarten for under-privileged children. For details call Sherine on 696-0233 or Jill on 687-9685.

Yoga

- ◆ Experienced teacher who has been recommended by several expats, will come to your home. Call Raju on 617- 6290 between 12 and 3 pm.
- ◆ Yogesh Kumar, phone 623-3996 Pager 9632-122692.

APPLE-NUT COFFEE CAKE

Tender sour-cream cake, juicy apples, crispy brown-sugared crumbs ...yum

Procedure:

1) To make the crumb topping; knead together walnuts, flour, brown sugar, margarine, and ground cinnamon until mixture separates into big chunks. Set aside.

2) Peel, core and slice apples; toss with sugar; set aside. Then mix cake batter and spread it in greased 14" by 10" roasting pan, making sure to push batter into corners.

3) Arrange apple slices on batter, going out to edge of pan (otherwise batter will bake up over the apples). Sprinkle on crumb topping. Bake in 350 degree F oven.

Ingredients:

3 medium sized Golden Delicious apples
(canned peaches also work well)
1 cup margarine or butter, softened
2 teaspoons baking soda
2 teaspoons vanilla extract

2 ½ cups all-purpose flour
sugar
1 tablespoon baking powder
1 16-ounce container sour cream
4 large eggs

ABOUT 2 HOURS BEFORE SERVING OR EARLY IN DAY;

Prepare Streusel Topping; set aside. Peel, core and thinly slice apples. In bowl, toss apples with 2 tablespoons sugar. Grease 14" x 10" roasting pan. Preheat oven to 350 deg. F.

In large bowl, with mixer at medium speed, beat margarine with 1½ cups sugar until light and fluffy. Add sour cream and remaining ingredients; beat at low speed until blended, constantly scraping bowl. At medium speed, beat 1 minute.

Spread batter in pan; arrange apple slices on top. Sprinkle with Streusel Topping.

Bake 45 to 50 minutes until cake pulls away from sides of pan. Cool in pan on wire rack for 10 minutes, or cool to serve later. Makes 18 servings.

Make drizzle from icing sugar.

STREUSEL TOPPING:

In bowl, knead 1 cup walnuts, chopped, 2/3 cup all-purpose flour, ¼ cup packed brown sugar, 4 tablespoons margarine or butter, and one-teaspoon cinnamon until mixture separates into large pieces.

Contributed by Jackie van Ommen



My Ima's Latkes

1 kilo potatoes (any large potato which is not too "floury" will do)

Salt, to taste

4 eggs, large

Lots of oil - plain vegetable oil is best

Pepper, to taste

Plain flour, about a cup

Applesauce and/or sugar and/or sour cream



Wash and peel the potatoes. Grate the potatoes (large grating size – not thin) into a sieve which is balanced over a bowl. Let the potatoes drain for about ten minutes. In another large bowl, put in the drained potatoes, salt, flour, eggs and mix well. This takes a bit of elbow grease! Take the bowl which had the potato water in it and carefully pour out the water on top. You'll notice some starch at the bottom. Scrape this into the bowl which has the potatoes already in it and mix well. Heat up a large frying pan with about 1/4 inch of oil in it. It should be VERY hot, but not smoking. Drop the potato mixture into the hot oil by the large spoonful. Cook until the edges become golden brown, flip over and cook other side until golden. Drain on paper towels and keep warm in the oven until the batch is done. You will probably need to add oil to the pan as you cook to keep the latkes frying.

Serve them with some applesauce, sour cream, or sugar for the guests to spread over the top.

Variations on this theme are that you can exchange some of the potato for sweet potato, carrot, zucchini or all of the above. You could also add spices or herbs to the mix - like chives, etc.

Taken from the Net



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D. Delaporte, Embassy of France

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SPORTS



Delhi Hash House Harriers

Regular runs on Monday evenings and Saturday afternoons. Family runs on some Sundays. Call the Community Liaison Officer (CLO) at the British High Commission on 687-2161



Ballooning

Ballooning Club of India, 8B Bahadur Shah Zafar Marg, 331-7977.

Bowling



Facilities at Qutab Hotel, Little Paradise (12/7 Mathura Road, Faridabad), Bawa Sports Complex (Kishangarh, Mehrauli), Leisure Bowl (Aruna Asaf Ali Marg, Vasant Kunj); and First Bowl at 32nd

Milestone Complex (Delhi-Jaipur Bypass, Gurgaon).

Delhi Tourism (3314229) provides facilities for:



Cycle Tours

Amar Jeet Singh 336-5358, 336-3607
Adventure Tourism



Pedal Boating

Old Fort moat, India Gate moat 9 am to 6 pm. Rs. 40 per half-hour.



Rock Climbing

At the Adventure Park, Lado Sarai natural rocks. 9 am to 1 pm, September to December. Rs. 55 per head per day.

Rock climbing can also be done at Indian Mountaineering Foundation (IMF), Anand Niketan which has 3

artificial walls built to international specifications.

Rates: Casual, Rs. 100 per day (including equipment and instruction). Annual, Rs. 300 plus Rs. 30 per month (including equipment and instruction).



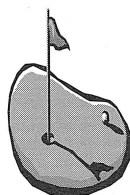
Football

Various embassies have joined together to form a soccer competition. Contact your Embassies for details.



Gliding

Daily rides from 1 pm til sunset every day except Wednesdays. At Delhi Gliding Club, Safdarjung Airport (phone 463-8052). Cost of flight per person Rs.75.



Golf

Delhi Golf Club

Dr Zakir Hussain Marg, tel. 436-2768 or 436-2235

The Meadows Golf Course, located on Sohna Road, near Gurgaon. ,
Tel: 687-2274



Polo

Army Polo & Riding Club, Tel: 569-9444/555

The Indian Polo Association,
Tel: 301-5604

Polo Season: October-February



Tennis

Delhi Lawn Tennis Association, Africa Avenue, Telephone 617-6140 or 619-3955

Also:

Ladies Open tennis meets Tuesdays and Thursdays from 8.30-11.30 at the American Embassy School courts. Call Ruth on 463-6594 for details.



Sailing

Defence Services Sailing Club,
Tel: 301-9604



Shooting

Dr Karni Singh Shooting Range, Surajkund Road, Tel: 698-6802

Help us keep the Newsletter up to date. Let us know if you discover any new activities to add or items to change if they are out of date. Drop your comments off at the Delhi Network Office or call one of the Editors.

SERVICES

ANIMAL SHELTER/VETERINARY HOSPITAL
Jeevashram provides programs to control stray animals, a hospital, operating theatre, mobile dispensary, private boarding. Contact **Angela Garnett** for more information on 556-3696 or 556-4114.

ARTWORK WITH 24 CARAT GOLD
Hema Pant works with Rajasthani artists to produce an exclusive line of ultra high quality art-work on marble: life like replicas of a variety of Indian antique jewellery, turbans and weaponry painted and mounted on marble. Framing to your taste. For appointment viewing, please call Hema at: 91-6356225 or 98101 34523.

BEAUTIFUL FRAMES
Antique Kashmiri Jamawar, Kani and Embroidered Pieces Artistically Framed to Grace Your Walls — also—Hand Done Kashmiri Scarves and Stoles Artistically Executed to Grace Your Being. Vidhu Ganjoor and Buzz Burza, Kashmiri Art Forms, 34 Gagan Vihar, New Delhi 51, 220-9129 or 223-0415.

BEAUTY CARE
Conchita Wagner-Moral has 20 years experience in the beauty field all over the world. She has just opened an exclusive salon where you can have any of the latest treatments from Europe, from waxing to non-surgical face-lifts. Call Conchita at 683-2703 or 683-5105 for a free consultation.

CHICKEN
MESH - Maximizing Employment to Serve the Handicapped - is an organisation responsible for marketing products made by disabled people in India. MESH can deliver fresh chickens to your home. Especially good for roasting, the chickens are raised in animal friendly conditions to International standards. For more details, or to place an order call 696-5039 or 656-8048

ENGLISH/SPANISH/ENGLISH
TRANSLATOR - Call Esther Premkumar, A-10 Anand Niketan, on 688-7397, email esther@satyam.net.in

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HAND MADE STATIONERY
Greens 'R' Us makes unique hand designed stationery on hand made paper using ferns and flowers. Each piece is individually crafted by **Renu Gupta**. The range of gift items also includes photo frames, albums, wall hangings, trays, and lots more. 7 Western Avenue, Maharani Bagh, Phone 683-5305, 683-3766

HERBALIFE Good health through intelligent nutrition. Herbalife has combined the best of nature and science to create exclusive products to enhance your nutritional fitness, vitality and well-being. Lose or gain weight safely, or just increase your vitality. Phone **Sue Lohage** on 6223344 ext 411 or 98 101 67417

JEWELLERY
Risham Chawla makes unique jewellery either to your design or hers with semiprecious stones, glass, ceramic and silver beads and finished with good quality fittings. Call Risham for details at 649-7025.

MASSEUSE
Laxmi has been massaging diplomats and expatriate couples in their homes for some years. Call 647-0609.

PET CLINIC
12 Noon -2pm, 2nd Sunday of every month. Local veterinarians are available for check-ups and vaccinations at the Servants Registry at the American Embassy Compound, Gate D. Open to all expats in Delhi. Contact Mary Oliver/Cheryl McCarthy on 419-8000 ext. 8356 during working hours. Some pet items are available.



SERVANTS REGISTRY
Located in the American Embassy compound, Gate D. It is a source in New Delhi to help find household staff, which has experience in foreign households; open to those holding a foreign passport. You can come by:
- for interviews : Wednesday and Friday 9.30 to 12.00 noon (last interview at 11.45 am)
- for registration : Thursday 9.30 to 12.00 noon (last documents accepted at 10.30 am).
Call for further details or with questions on 419-8000, ext. 413. Need help writing a reference letter - come see us too. We're also looking for expat volunteers to staff the Registry who have had experience with staff themselves and can give good advice.

For Delhi Network Members
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COMPUTER TIPS

Taken directly from:
WorldStart Homepage:
<http://www.worldstart.com> - You can subscribe to a daily newsletter

What is the Windows Clipboard?

The Windows clipboard is used to temporarily store stuff. This "stuff" can come in the form of just about anything. Images, files, documents, etc - they can all be placed on the clipboard. Once something has been copied to the clipboard it can be pasted into another location.

For example, let's say you were working on a report in MS Word (this tip isn't just for MS Word, the clipboard works with everything) and you would like to quote some information you uncovered on the web. Rather than printing out the web page and re-typing the block of text you would like to quote, you can highlight the text on the webpage and copy it to the clipboard (highlight by holding down your left mouse button and dragging it over the section of text you would like to have. Copy it by right-clicking that section of text and selecting Copy from the menu that pops up).

Now, head back to MS Word and position the cursor where you would like to insert the text. Hit CTRL-V (or click the Edit menu, Paste), and presto, the web page text you copied has now been pasted into your Word doc.

What's a "Shortcut"?

You know all those little icons that sit on your Window's Desktop? They're shortcuts (Well, most of em).

All a shortcut does is give you easy access to a program or file. You click it and the program runs (or a document opens). Without shortcuts, you would have to go to windows explorer and hunt for the program file each time you wanted to run it.

Web Shortcuts ---

Do you have a web site you visit often? Wouldn't it be cool to have an icon on your desktop for it? Here's a quick way to do it:

First, head to the web page with either Explorer or Netscape.

-- With Internet Explorer:

You'll see next to the site's URL (address) a small icon with a blue "e" on it. Drag that to your desktop. Instant shortcut!

-- With Netscape:

Next to the URL (address) box, you'll see the word "location". Next to "location" there's a small icon. If you drag it onto your desktop, you'll make an instant shortcut to the page.

When you click on the shortcut(s), they will open your default browser and take you to the web site. Cool huh

How do I hide my Taskbar?

Right-click any blank area on your taskbar (your taskbar is what your Start button sits on) and select "Properties" from the menu that pops up. Select "Autohide" from the resulting screen. Now, your taskbar will disappear when you move your mouse away from it and re-appear when you bring your mouse back.

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